

MAC GROUP EXERCISE – March 16th – March 22nd

	MONDAY 16	TUESDAY 17	WEDNESDAY 18	THURSDAY 19	FRIDAY 20	SATURDAY 21	SUNDAY 22
A Q U A	8:45a P 55' H ₂ O FREESTYLE <i>Genevelyn</i>	8:30a P 55' DEEP H ₂ O <i>Patricia</i>	8:45a P 55' H ₂ O FREESTYLE <i>Julie</i>	8:30a P 45' H ₂ O FREESTYLE <i>Genevelyn</i> 5:15p P 45' H ₂ O FREESTYLE <i>Patricia</i>	9:00a P 50' AQUATONE <i>Genevelyn</i>	9:00a P 50' H ₂ O FREESTYLE <i>Kim</i>	
S P I N	5:30a SS 30' SPRINT™ <i>Jen</i> 9:30a SS 50' SPINNING® <i>Laura</i> 5:30p SS 30' SPRINT™ <i>Cameron</i> 6:15p SS 50' SPINNING® <i>Carter</i>	5:30a SS 45' SPINNING® <i>Jen</i> 10:00a SS 60' SPRINT™ AND STRENGTH <i>Sarah P.</i> 5:30p SS 45' SPINNING® <i>Carter</i>	10:00a SS 30' SPRINT™ <i>Jen</i> 5:30p SS 30' SPRINT™ <i>Melissa R.</i>	5:30a SS 30' SPRINT™ <i>Melissa R.</i> 9:30a SS 50' SPINNING® <i>Patricia</i> 5:45p SS 60' ROLLIN' bike & foam rollers <i>Carter</i>	5:30a SS 30' SPRINT™ <i>Cameron</i> 9:30a SS 50' SPINNING® <i>Sarah P.</i>	8:30a SS 50' SPINNING® <i>Jen</i>	9:30a SS 60' SPIN & STRENGTH <i>Melissa O.</i>
M I N D B O D Y	10:30a M/B 60' FITNESS YOGA <i>Maura</i> 6:30p M/B 60' YOGA <i>Jayne</i>	6:00a GX1 45' BODYFLOW™ <i>Cameron</i> 9:00a M/B 60' CHAIR YOGA <i>Pam</i>	10:30a M/B 60' FITNESS YOGA <i>Maura</i> 5:00p M/B 60' YIN YOGA <i>Denise</i> 6:30p M/B 60' ALL LEVELS YOGA <i>Leo</i>	6:05a M/B 45' RISE-SHINE YOGA <i>Cari</i> 9:00a M/B 60' CHAIR YOGA <i>Pat</i> 10:30a M/B 55' YOGA <i>TBA</i>	8:45a M/B 50' PILATES <i>Mary Anne</i> 10:30a M/B 60' YOGA <i>Heather V.</i> 5:30p M/B 60' ALL LEVELS FLOW <i>Denise</i>	10:00a M/B 75' YOGA <i>Allison L.</i>	3:00p GX1 55' MAC BARRE <i>Heather M.</i> 4:00p M/B 60' GENTLE YOGA <i>Leo</i>
L A N D	6:05a GX1 45' SOLID STRENGTH <i>Heather M.</i> 8:45a GX1 30' CORE INTERVALS <i>Tina</i> 9:30a GX1 55' AEROMIX <i>Sandy</i> 10:30a GX1 55' BODYPUMP™ <i>Mika</i> 11:30a GX1 55' ACTIVE AGERS Cardio/Strength <i>Sandy</i> 5:45p GX1 45' BODYCOMBAT™ <i>Sarah P.</i> 6:30p GX1 45' SOLID STRENGTH <i>Hannah</i>	8:30a GX1 45' SOLID STRENGTH <i>Annie</i> 9:15a GX1 45' BODYCOMBAT™ <i>Mika</i> 10:05a GX1 55' MAC BARRE <i>Serrah</i> 6:30p GX1 55' ATHLETIC INTERVALS <i>Tina</i>	6:00a GX1 55' BODYPUMP™ <i>Tracey</i> 9:30a GX1 55' AEROMIX <i>Sandy</i> 10:35a GX1 30' CXWORX™ <i>Jen</i> 11:30a GX1 55' SOLID SENIORS <i>Sandy</i> 5:15p GX1 45' BODYATTACK™ <i>Cameron</i> 6:05p GX1 30' CXWORX™ <i>Cameron</i>	8:30a GX1 45' SOLID STRENGTH <i>Patricia</i> 9:30a GX1 50' ATHLETIC INTERVALS <i>Tina</i> 5:30p GYM 55' ZUMBA <i>Tracey</i> 6:00p GX1 55' MAC BARRE <i>Lauren</i> 6:30p GYM 55' ATHLETIC INTERVALS <i>Tina</i>	6:05a GX1 30' CXWORX™ <i>Cameron</i> 9:30a GX1 55' AEROMIX <i>Sandy</i> 10:30a GX1 45' BODYPUMP™ <i>Jen</i> 10:35a GYM 30' CORE INTERVALS <i>Sarah P.</i> 11:30a GX1 55' ACTIVE AGERS Cardio/Strength <i>Sandy</i> 5:00p GX1 45' BODYPUMP™ <i>Tracey</i>	8:15a GX1 45' BODYCOMBAT™ <i>Angela</i> 9:00a GX1 30' CXWORX™ <i>Angela</i> 9:30a GX1 55' BODYPUMP™ <i>Jen</i>	

GX1= Group Exercise Studio 1 GYM= Basketball Court P= Pool SS= Spin Studio

MAC GROUP EXERCISE – March 23rd – March 29th

	MONDAY 23	TUESDAY 24	WEDNESDAY 25	THURSDAY 26	FRIDAY 27	SATURDAY 28	SUNDAY 29
A Q U A	8:45a P 55' H ₂ O FREESTYLE <i>Sarah S.</i>	8:30a P 55' DEEP H ₂ O <i>Patricia</i>	8:45a P 55' H ₂ O FREESTYLE <i>Genevelyn</i>	8:30a P 45' H ₂ O FREESTYLE <i>Genevelyn</i> 5:15p P 45' H ₂ O FREESTYLE <i>Patricia</i>	9:00a P 50' AQUATONE <i>Genevelyn</i>	9:00a P 50' AQUA ZUMBA <i>Tara</i>	
S P I N	5:30a SS 30' SPRINT™ <i>Jen</i> 9:30a SS 50' SPINNING® <i>Laura & Melissa</i> 5:30p SS 30' SPRINT™ <i>Cameron</i> 6:15p SS 50' SPINNING® <i>Carter</i>	5:30a SS 45' SPINNING® <i>Jen</i> 10:00a SS 60' SPIN & STRENGTH <i>Melissa O.</i> 5:30p SS 45' SPINNING® <i>Michelle</i>	10:00a SS 30' SPRINT™ <i>Jen</i> 5:30p SS 30' SPRINT™ <i>Melissa R.</i>	5:30a SS 30' SPRINT™ <i>Melissa R.</i> 9:30a SS 50' SPINNING® <i>Patricia</i> 5:45p SS 60' ROLLIN' bike & foam rollers <i>Carter</i>	5:30a SS 30' SPRINT™ <i>Cameron</i> 9:30a SS 50' SPINNING® <i>Melissa O.</i>	8:30a SS 50' SPINNING® <i>Jen</i>	9:30a SS 60' SPIN & STRENGTH <i>Melissa O.</i>
M I N D B O D Y	10:30a M/B 60' FITNESS YOGA <i>Maura</i> 6:30p M/B 60' FITNESS YOGA <i>Cari</i>	6:00a GX1 45' BODYFLOW™ <i>Cameron</i> 9:00a M/B 60' CHAIR YOGA <i>Samantha</i>	10:30a M/B 60' FITNESS YOGA <i>Maura</i> 5:00p M/B 60' YIN YOGA <i>Desi</i> 6:30p M/B 60' ALL LEVELS YOGA <i>Leo</i>	6:05a M/B 45' RISE-SHINE YOGA <i>Cari</i> 9:00a M/B 60' CHAIR YOGA <i>Pat</i> 10:30a M/B 60' BODYFLOW™ <i>Melissa O</i>	8:45a M/B 50' PILATES <i>Mary Anne</i> 10:30a M/B 60' YOGA <i>Heather V.</i> 5:30p M/B 60' ALL LEVELS FLOW <i>Denise</i>	10:00a M/B 75' YOGA <i>Allison L.</i>	3:00p GX1 55' MAC BARRE <i>Lauren</i> 4:00p M/B 60' GENTLE YOGA <i>Leo</i>
L A N D	6:05a GX1 45' SOLID STRENGTH <i>Jen</i> 8:45a GX1 30' CORE INTERVALS <i>Tina</i> 9:30a GX1 55' AEROMIX <i>Sandy</i> 10:30a GX1 55' BODYPUMP™ <i>Mika</i> 11:30a GX1 55' ACTIVE AGERS Cardio/Strength <i>Sandy</i> 5:45p GX1 45' BODYCOMBAT™ <i>Sarah P.</i> 6:30p GX1 45' SOLID STRENGTH <i>Hannah</i>	8:30a GX1 45' SOLID STRENGTH <i>Annie</i> 9:15a GX1 45' BODYCOMBAT™ <i>Mika</i> 10:05a GX1 55' MAC BARRE <i>Serrah</i> 6:30p GX1 55' ATHLETIC INTERVALS <i>Tina</i>	6:00a GX1 55' BODYPUMP™ <i>Tracey</i> 9:30a GX1 55' AEROMIX <i>Sandy</i> 10:35a GX1 30' CXWORX™ <i>Jen</i> 11:30a GX1 55' SOLID SENIORS <i>Sandy</i> 5:15p GX1 45' BODYATTACK™ <i>Cameron</i> 6:05p GX1 30' CXWORX™ <i>Cameron</i>	8:30a GX1 45' SOLID STRENGTH <i>Patricia</i> 9:30a GX1 50' ATHLETIC INTERVALS <i>Tina</i> 5:30p GYM 55' ZUMBA <i>Tracey</i> 6:00p GX1 55' MAC BARRE <i>Sandy</i> 6:30p GYM 55' ATHLETIC INTERVALS <i>Tina</i>	6:05a GX1 30' CXWORX™ <i>Cameron</i> 9:30a GX1 55' AEROMIX <i>Sandy</i> 10:30a GX1 45' BODYPUMP™ <i>Jen</i> 10:35a GYM 30' CXWORX™ <i>Melissa O.</i> 11:30a GX1 55' ACTIVE AGERS Cardio/Strength <i>Sandy</i> 5:00p GX1 45' BODYPUMP™ <i>Tracey</i>	8:15a GX1 45' BODYATTACK™ <i>Angela</i> 9:00a GX1 30' CXWORX™ <i>Angela</i> 9:30a GX1 55' BODYPUMP™ <i>Jen</i>	

GX1= Group Exercise Studio 1 GYM= Basketball Court P= Pool SS= Spin Studio

MAC GROUP EXERCISE – March 30th – April 5th

	MONDAY 30	TUESDAY 31	WEDNESDAY 1	THURSDAY 2	FRIDAY 3	SATURDAY 4	SUNDAY 5
A Q U A	8:45a P 55' H ₂ O FREESTYLE <i>Sarah S.</i>	8:30a P 55' DEEP H ₂ O <i>Patricia</i>	8:45a P 55' H ₂ O FREESTYLE <i>Melissa O.</i>	8:30a P 45' H ₂ O FREESTYLE <i>Genevelyn</i> 5:15p P 45' H ₂ O FREESTYLE <i>Patricia</i>	9:00a P 50' AQUATONE <i>Genevelyn</i>	9:00a P 50' H ₂ O FREESTYLE <i>Sarah S.</i>	
S P I N	5:30a SS 30' SPRINT™ <i>Jen</i> 9:30a SS 50' SPINNING® <i>Laura & Melissa</i> 5:30p SS 30' SPRINT™ <i>Cameron</i> 6:15p SS 50' SPINNING® <i>Carter</i>	5:30a SS 45' SPINNING® <i>Jen</i> 10:00a SS 60' SPIN & STRENGTH <i>Melissa O.</i> 5:30p SS 45' SPINNING® <i>Michelle</i>	10:00a SS 30' SPRINT™ <i>Jen</i> 5:30p SS 30' SPRINT™ <i>Melissa R.</i>	5:30a SS 30' SPRINT™ <i>Melissa R.</i> 9:30a SS 50' SPINNING® <i>Patricia</i> 5:45p SS 60' ROLLIN' bike & foam rollers <i>Carter</i>	5:30a SS 30' SPRINT™ <i>Cameron</i> 9:30a SS 50' SPINNING® <i>Melissa O.</i>	8:30a SS 50' SPINNING® <i>Jen</i>	9:30a SS 60' SPIN & STRENGTH <i>Melissa O.</i>
M I N D B O D Y	10:30a M/B 60' FITNESS YOGA <i>Maura</i> 6:30p M/B 60' FITNESS YOGA <i>Denise</i>	6:00a GX1 45' BODYFLOW™ <i>Cameron</i> 9:00a M/B 60' CHAIR YOGA <i>Samantha</i>	10:30a M/B 60' FITNESS YOGA <i>Maura</i> 5:00p M/B 60' YIN YOGA <i>Desi</i> 6:30p M/B 60' ALL LEVELS YOGA <i>Leo</i>	6:05a M/B 45' RISE-SHINE YOGA <i>Cari</i> 9:00a M/B 60' CHAIR YOGA <i>Pat</i> 10:30a M/B 60' BODYFLOW™ <i>Melissa O.</i>	8:45a M/B 50' PILATES <i>Mary Anne</i> 10:30a M/B 60' YOGA <i>Heather V.</i> 5:30p M/B 60' ALL LEVELS FLOW <i>Jayne</i>	10:00a M/B 75' YOGA <i>Allison L.</i>	3:00p GX1 MAC BARRE <i>Lauren</i> 4:00p M/B 60' GENTLE YOGA <i>Leo</i>
L A N D	6:05a GX1 45' SOLID STRENGTH <i>Jen</i> 8:45a GX1 30' CORE INTERVALS <i>Tina</i> 9:30a GX1 55' AEROMIX <i>Sandy</i> 10:30a GX1 55' BODYPUMP™ <i>Mika</i> 11:30a GX1 55' ACTIVE AGERS Cardio/Strength <i>Sandy</i> 5:45p GX1 45' BODYCOMBAT™ <i>Sarah P.</i> 6:30p GX1 45' SOLID STRENGTH <i>Hannah</i>	8:30a GX1 45' SOLID STRENGTH <i>Annie</i> 9:15a GX1 45' BODYCOMBAT™ <i>Mika</i> 10:05a GX1 55' MAC BARRE <i>Serrah</i> 6:30p GX1 55' ATHLETIC INTERVALS <i>Tina</i>	6:00a GX1 55' BODYPUMP™ <i>Tracey</i> 9:30a GX1 55' AEROMIX <i>Sandy</i> 10:35a GX1 30' CXWORX™ <i>Jen</i> 11:30a GX1 55' SOLID SENIORS <i>Sandy</i> 5:15p GX1 45' BODYATTACK™ <i>Cameron</i> 6:05p GX1 30' CXWORX™ <i>Cameron</i>	8:30a GX1 45' SOLID STRENGTH <i>Patricia</i> 9:30a GX1 50' ATHLETIC INTERVALS <i>Tina</i> 5:30p GYM 55' ZUMBA <i>Tracey</i> 6:00p GX1 55' MAC BARRE <i>Lauren</i> 6:30p GYM 55' ATHLETIC INTERVALS <i>Tina</i>	6:05a GX1 30' CXWORX™ <i>Cameron</i> 9:30a GX1 55' AEROMIX <i>Sandy</i> 10:30a GX1 55' NEW FORMAT 10:35a GYM 30' CXWORX™ <i>Melissa O.</i> 11:30a GX1 55' ACTIVE AGERS Cardio/Strength <i>Sandy</i> 5:00p GX1 45' BODYPUMP™ <i>Tracey</i>	8:15a GX1 45' BODYCOMBAT™ <i>Angela</i> 9:00a GX1 30' CXWORX™ <i>Angela</i> 9:30a GX1 55' BODYPUMP™ <i>Jen</i>	

GX1= Group Exercise Studio 1 GYM= Basketball Court P= Pool SS= Spin Studio